

---

### TEACHERS' ASSEMBLY.

North Carolina teachers are progressive, and to promote the best educational interests of the State an organization known as the North Carolina Teachers' Assembly was effected some years ago. This has grown to such proportions both in interest and numbers, as to be really a great educational convention. It brings together annually the teachers from every section, and from every grade of school and college work. Questions relating to the methods of teaching or affecting the educational system of the State are discussed with the view, always, of bettering the opportunities of the people for education. The State Normal and Industrial School for women was established largely through its efforts, and its influence has been recognized by legislative bodies in other educational matters. The leading teachers of the State are its supporters. Formerly its meetings were regularly held at Morehead, but a plan of alternation now adopted takes it to the mountains or seashore at the pleasure of the Association. Its officers have always been men of ability and leaders in educational thought. J. Y. Joyner, Greensboro, is President, W. L. Poteat, Wake Forest, Vice-President, and Charles J. Parker, Raleigh, Secretary.

---

### HEALTH.

---

The geographical location and the geological formation of the State are peculiarly adapted to the production of those conditions which make for health in general. As to climate, we occupy the vantage-ground of the golden mean, inclining somewhat to the warmer side. It is neither too hot nor too cold. While we have a generous summer, long enough to mature two crops of many kinds, the thermometer does not rise as high as it often does far to the northward of us, and the summer temperature is not usually oppressive. We also have a sufficiency of winter, with occasional light snows, and once in every few years, ice thick enough to skate on in safety, and with rain and dark days, but on the whole it is bright and sunshiny. The late Bishop Lyman, who lived many years in Italy, said that the climate of Raleigh was superior to that of Florence—more sunshine in it. Our winters are just long enough and severe enough to restore the snap and vigor and elasticity that may have been weakened by the summer—we are enabled to fully recoup any physical wastes attributable to long